



Silent Mind Golf

By Robin Sieger, Tony Jacklin

Paperback. Book Condition: New. Not Signed; Imagine being able to achieve the perfect mental state to make your best possible swing over every shot - stepping up fearlessly, with an inner calm that allows you to play great golf every time you stand over the ball. Now, Robin Sieger, a lifelong golfer who also happens to be one of the world's leading motivational speakers, removes the mystery behind the mental prowess that lies at the heart of peak performance. Too often golfers concentrate all their efforts on technique, in the belief that it is only the mechanics of the game they need to master. Instead, using easy-to-follow exercises and inspiring examples drawn from the lives of golf's greatest players, Robin's silent mind approach focuses on developing the single most neglected, least understood, but ultimately decisive dimension of the game: mental strength. A practical, jargon-free guide to mental conditioning that will enable any golfer, whether weekend hacker or full-time professional, to understand the dynamics crucial to getting into the 'zone', Silent Mind Golf reveals how to empty your mind and play golf instinctively. book.

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